

SOURCES OF LOVE AND HATE

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other, being able to gain the real sympathy and special care of parent or nurse by means of the phobia, and so prove constantly to himself that they are not in reality cruel and dangerous as he dreams.

Not all children develop these phobias in any marked way, but most young children show them in at least a mild and temporary form. The phobia is indeed one of the characteristic and normal phenomena of early childhood ; and its deepest source is the child's own oral sadism and aggression. How far the phobias become severe and unmanageable in any child, as in some of the cases here quoted, will depend upon many factors, some of which will of course be the child's real experiences and actual environment. The verbal and dramatic expression of biting phantasies in *play* is in itself at once a sign and a safeguard of healthy development.

The not uncommon feeding difficulties of early childhood, occurring especially in the post-weaning period, are also to be understood in terms of the child's problem of oral aggression.

The child who will not take hard food, who cannot bring himself to chew and swallow any solid food, the child who can scarcely be persuaded to eat at all—all these are suffering from excessive anxiety about the phantasies connected with biting and chewing and oral aggression in general. This has been clearly demonstrated recently,¹ in the actual analysis of children of two years and under, who were brought to a children's hospital because they could never be got to eat enough. In some cases this difficulty dated practically from birth ; in others from weaning ; in some it is definitely due to faulty handling, in others it would appear to be inborn. In each case the prime psychological factor (whether

this was itself caused by internal or external forces) was the child's anxiety about oral aggression in sucking or biting the mother's breast, with unconscious phantasies of the irreparable injury this would do to the mother (eating up, exhausting and destroying the breast, which would then no longer be there for the child), and of the equally terrifying revenge which the mother would inflict upon the child. In extreme cases, even sucking is felt by the child to be sadistic, and one is then driven to postulate an abnormally strong constitutional sadism as the ultimate factor. But the unconscious

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